

# Did you know...

You touch your eyes, nose and mouth about 25 times per hour.

On average, health care providers perform hand hygiene less than half of the times they should.

## When to Practice Hand Hygiene

1. Before and after physical contact with a patient
2. Before donning gloves and after removing gloves
3. After handling soiled or contaminated items and equipment, including linens
4. Before performing invasive procedures
5. Before handling sterile or clean supplies
6. When hands are visibly dirty or soiled with blood and/or bodily fluids\*
7. Before and after eating or handling food\*
8. After personal use of bathroom\*

\*Situations where soap and water preferred over alcohol-based hand rub

# Simple Strategies to Prevent Infections